

# TEST PREP



**Birmingham  
Gastroenterology  
Associates, P.C.**

205-271-8000 • [www.BGAPC.com](http://www.BGAPC.com)

Test Location: \_\_\_\_\_  
(See Map Enclosed)

Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Doctor: \_\_\_\_\_

Nurse: \_\_\_\_\_

**BE SURE TO FOLLOW**  
**INSTRUCTIONS CAREFULLY!**

## GENERAL INFORMATION

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There is no single best colonoscopy bowel preparation. Your physician has chosen the method thought best for you.

**Discontinue IRON containing medications  
4 DAYS before procedure.**

**If you have not been given approval,  
by a physician, to discontinue Coumadin or  
Plavix, please contact our office immediately.**

**Discontinue Non-Steroidal Anti-Inflammatory  
(NSAIDS) medication 4 DAYS before procedure.**

These include: Advil, Aleve, Alka Seltzer, Bufferin, Clinoril, Diclofenac, Etodolac, Feldene, Ibuprofen, Indocin/Indomethacin, Lodine, Mobic, Naproxen, Piroxicam, Relafen, Suldinac, Voltaren.

- Tylenol (and other brands of Acetaminophen) are safe to consume before the procedure.
- Notify the office if you are being treated for: Cardiac/Heart Disease, Diabetes Mellitus, Hypertension, Renal/Kidney Disease, Seizure/Epilepsy disorder.
- Notify the office if there is any chance you may be pregnant.
- Notify the office if you have an implanted Pace maker or defibrillator, IF we were not notified when you scheduled the procedure.

**NO DRIVING:** You cannot drive, use a taxi or a bus after the procedure. You must be accompanied by a responsible adult. If this is not followed, your procedure may be canceled.

## CLEAR LIQUID DIET (DAY BEFORE)

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**DOES NOT** include: milk or milk products, solid foods, creamed soups or crackers.

**DOES** include: beef or chicken broth or bouillon (fat free), coffee or tea (no cream), Popsicles (no red or orange), carbonated drinks (Coke, Sprite, etc.), fruit drinks (no pulp, no red or orange), Ensure, Boost, Jello, Gatorade (no red or orange).

***NPO (NOTHING BY MOUTH AFTER MIDNIGHT).***

*or*

***DISCONTINUE LIQUID DIET AT LEAST THREE (3)  
TO FOUR (4) HOURS BEFORE THE PROCEDURE***

## **MEDICATION ON DAY OF PROCEDURE:**

**Take AM medications with sufficient  
liquid. Postpone insulin injections until  
after the procedure.**

**On day of procedure bring a list of all  
medications.**